Troubleshooting Back Discomfort

Guideline
Issue Date: 6/12/18
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Are you sitting with your hips back to consistently rest your back on the chair backrest?

Correct Posture

[Image: Person sitting with hips back, backrest is visible and supporting back]

Backrest provides consistent back support.

Incorrect Posture

[Image: Person sitting with hips forward, backrest is not being used]

To correct, move your hips back into the back of the chair.

Is the front edge of the seat 2-3 finger widths from hitting your calves during sitting?

Correct Posture

[Image: Person sitting with seat depth adjusted, legs are consistent]

Consistent leg support.

Incorrect Posture

[Image: Person sitting with seat depth not adjusted, legs are hitting calves]

To correct, adjust seat depth forward to improve leg support.

Are your feet supported?

Correct Posture

[Image: Person sitting with feet on the floor or a footrest]

Feet are supported on the floor or a footrest.

Incorrect Posture

[Image: Person sitting with feet dangling]

To correct, lower chair height or use a footrest.